

Food safety is all about handling, preparation and storage of food in ways that prevent food borne illness. This includes few steps to be followed to avoid potentially severe health hazards. Improperly handled food can transmit disease from person to person as well as serve as a growth medium for bacteria that can cause food poisoning.

Bacteria and viruses

Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food.

Parasites

Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. In India most common food borne parasites are Giardia and Entamoeba.

Mold, toxins and contaminants

Most food poisoning is caused by bacteria, viruses and parasites rather than toxic substances in the food but some cases of food poisoning can be linked to either natural toxins or chemical toxins Aflatoxins, Ochratoxins, T2 Toxins.

Allergens

Food allergy is an abnormal response to a food triggered by your body's immune system. Some foods, such as nuts, milk, eggs or seafood, can cause allergic reactions in people with food allergies.

Food safety is a major concern today. Facilities like EFRAC will surely be helpful in fighting against the monstrous food safety issues like nutrition, hygiene & adulteration and quality of the food products.

Food contamination is of grave concern to all the consumers everywhere.

- Mixing water in milk, synthetic milk
- Harmful colors in cooking powder and spices
- Animal fat in ghee
- Arsenic, lead in water, are all ongoing problems faced by the consumers.

As a solution to this problem, we here at EFRAC have taken it upon ourselves to set up food safety clinics in districts and cities, all over India, starting from Eastern India, where everyone can come to learn more about food safety, food testing and research. Efrac is also trying to ensure quality testing kits to be available at all upcoming food safety clinics through which the consumers can do the screening of few major contaminants at their home itself.

